



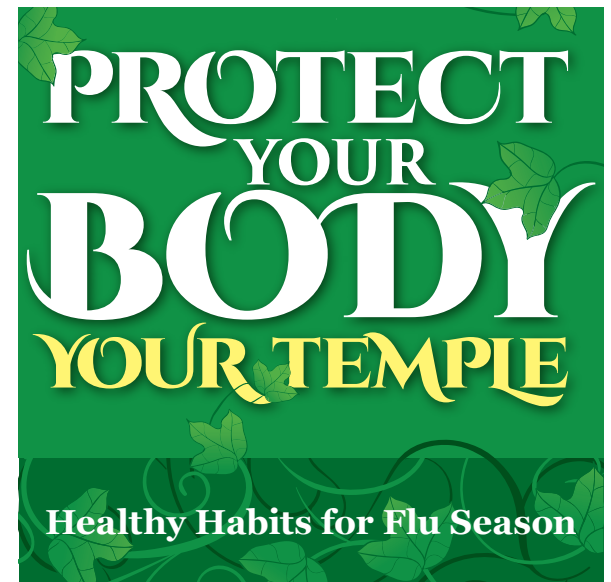
- **Wash** your hands
- **Cover** your cough
- **Avoid** touching your eyes, nose or mouth
- **Limit** close contact with people who are sick

Those over 65 or those who have a long-term illness like diabetes or heart disease are at **HIGH** risk for the flu and pneumonia.



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